



## **Wheat Allergies**



### **How to Read a Label for a Wheat-Free Diet**

#### **Avoid foods that contain any of these ingredients:**

Bran  
Bread crumbs  
Bulgur  
Cereal extract  
Couscous  
Cracker meal  
Durum, durum flour  
Enriched flour  
Farina  
Gluten  
Graham flour  
High gluten flour  
High protein flour  
Seitan  
Semolina  
Soft wheat flour  
Spelt  
Vital gluten  
Wheat (bran, germ, gluten, malt, starch)  
Whole wheat berries  
Whole wheat flour

#### **Label ingredients that may indicate the presence of wheat protein:**

Gelatinized starch  
Hydrolyzed vegetable protein  
Modified food starch  
Modified starch  
Natural flavoring  
Soy sauce  
Starch  
Vegetable gum  
Vegetable starch

\*Wheat may be found in ale, baking mixes, baked products, batter-fried foods, beer, breaded meats and vegetables, candies, frankfurters and processed meats, hydrolyzed vegetable protein, ice cream products, liquor, monosodium glutamate, ready-to-eat and hot cereals, salad dressings, sauces, and soups.